

# Montgomery County Commission for Women Counseling & Career Center

**401 Hungerford Drive, First Floor, Rockville, MD 20850**

**OFFICE HOURS: Monday, Thursday & Friday 8:30 a.m. - 5 p.m. and Tuesday & Wednesday 12:30 - 9 p.m.**

**240-777-8300**

**[www.montgomerycountymd.gov/cfw](http://www.montgomerycountymd.gov/cfw)**

## April 2011 WORKSHOPS

**Please arrive 15 minutes before workshop to sign in. Workshops will begin on time.**

**Pre-registration and payment are requested for all workshops.**

**A sliding fee scale for workshops and counseling is available for Montgomery County residents based on household income and family size.**

### CAREER & PERSONALITY ASSESSMENTS

#### SELF-DIRECTED SEARCH:

**Career Self Assessment Test**

**Tuesday, April 5, 2011, 6:30 - 8:30 p.m.**

*Take the Self-Directed Search (SDS), one of the most widely used career exploration instruments worldwide, and find out what specific careers might interest you, as well as what general interests and personal characteristics may motivate you at work.*

The SDS can help you understand yourself better and guide you in planning a more effective and efficient career journey.

**Presenter:** Cynthia Bloom, MA, CRC and Nancie Kenney, LCSW-C

**FEE: \$20**

#### MYERS-BRIGGS TYPE INDICATOR

**Tuesday, April 26, 2011, 6 - 9 p.m.**

*The Myers-Briggs Type Indicator (MBTI) is the most trusted and widely used assessment for learning about personality characteristics.*

This powerful tool can help you:

- **improve work and personal relationships by understanding how your preferences impact your career & personal life**
- **identify your own unique personality type and become aware of how different personality types relate to each other**

**Presenter:** Melissa Fireman, M.S.

**FEE: \$50**

### BUSINESS AND PROFESSIONAL DEVELOPMENT

#### PERSONAL ANALYTICS: SECRETS TO PREDICTING CAREER SUCCESS

**Tuesday, April 12, 2011, 6:30 - 8:30 p.m.**

*New!*

By developing self knowledge, you can focus on your core strengths, make successful career choices, and bring satisfaction, energy and excitement to your life. The group will look at how these "secrets" determine a good career fit once they are revealed. Learn how aptitudes, interests, values and personality traits affect career choice, and how they work together to determine a good career fit.

**Presenter:** Patricia Crew, M.A., LCPC, NBCC  
**FEE: \$20**

#### THE ART OF INTERVIEWING

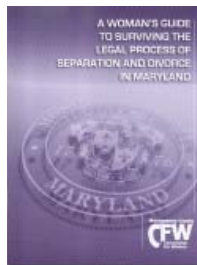
**Friday, April 15, 2011, 10 a.m. - noon**

*Do you feel like you always have to say the right thing in an interview? Are you worried that you won't stack up against other candidates for the job?* Come and learn how to play up your strengths and play down your weaknesses. We will discuss questions you will be asked and questions you can ask the interviewer(s).

**Presenter:** Rachel L. Manchester, M.S.

**FEE: \$20**

#### A Woman's Guide to Surviving the Legal Process of Separation and Divorce in Maryland



**\$5 - Walk-in purchase**  
**\$8 - Mail-order purchase**

**240-777-8300**

**Also Available in Spanish**  
**Disponible en Español**

### IMPORTANT PARKING UPDATE

Our building at 401 Hungerford Drive is still undergoing rehabilitation to its parking garage. The Visitor Parking spaces along the building perimeter are now blocked off and will be unavailable for approximately 6-8 weeks. Reconstruction of the garage is on schedule for completion by the end of May, weather permitting!

The nearest parking facility is the Rockville Town Square parking garage just one block south of us on Hungerford Drive/Rt. 355/Rockville Pike at the intersection of Beall Avenue. This is the corner nearest the CVS Drugstore. Parking at this garage is \$1 per hour and the pay stations accept cash or credit cards.

Website of Map to Town Center Park:  
[www.rockvillemd.gov/towncenter/parking](http://www.rockvillemd.gov/towncenter/parking)

### COUPLES & FAMILIES

#### TALKING TO YOUR TEENAGER

**Wednesday, April 13, 2011, 7 - 8:45 p.m.**

*When is the last time you had a meaningful conversation with your teenager? Do you ever find yourself facing a brick wall or surrendering to requests because you're weary or unsure how to say no?*

Two parents of teenagers and conflict resolution professionals will offer guidance on (1) how to speak in a way that your teens are more likely to hear, (2) how to encourage your teen to talk with you, and (3) how to say "no" in a way that promotes cooperation. The workshop will also provide insight on the emotional life of teens, and most importantly, it will remind you that your teen is a genuinely wonderful person.

**Presenters:** Donna Duquette, Family Mediator,  
& Carolyn Finney, Mediation Project Manager  
**FEE: \$20 per person**

### LEGAL CALL-BACK PROGRAM (240) 777 - 8300

Legal questions are answered by phone on a call-back basis. Local attorneys provide free telephone consultations on specific questions.

## PERSONAL GROWTH & OPTIMUM LIVING

### THE VERBALLY ABUSIVE RELATIONSHIP

Friday, April 8, 2011, 9:30 a.m. - 12:30 p.m.

Learn to recognize the many kinds of verbal abuse and the damage they do to relationships. Strategies for responding to verbal abuse will be included in this workshop.

**Presenter:** Janet Akman, LCSW-C  
**FEE:** \$30

### MANAGING CONFLICT

Monday, April 11, 2011, 10 a.m. - noon

**Conflict at home, at work, and in all our relationships can be painful and disruptive.**

Understanding our personal responses and learning new conflict resolution skills can change negative patterns and promote healthier environments.

**Presenter:** Sandra Van Fossen, M.A.  
**FEE:** \$20

### OVERCOMING STRESS: The Power of Living in the Moment

Thursday, April 14, 2011, 1 - 3 p.m.

Stress is a part of everyone's life. It can come from feeling overwhelmed with busy schedules, relationships, anxiety, or worrying about the future. In this workshop we will take a mindful awareness approach to help you cope with the demands in your life, increase your focus, and appreciate the present. You will learn the tools and techniques that will help you minimize stress and enjoy living in the moment.

**Presenter:** Charlotte Blutstein, Counselor  
**FEE:** \$20

### TAKING TIME FOR YOU:

Nurturing Your Spirit and Meeting Your Needs

Monday, April 18, 2011, 10 a.m. - noon

Daily tasks and responsibilities often take over our lives and leave little time for us. Sometimes we even forget what we once enjoyed. In this workshop we will learn how to take time for ourselves and include enriching activities in our lives.

**Presenter:** Laurieann Duarte, Counselor  
**FEE:** \$20

### TO STAY OR TO GO

Wednesday, April 27, 2011, 1:30 - 4:30 p.m.

**Explore your options and goals in choosing to remain or leave a difficult personal relationship. Learn decision-making strategies that will help you to reach a positive outcome.**

**Presenter:** Fran Berger, LCSW-C  
**FEE:** \$30

## SEPARATION & DIVORCE

### DIVORCE LEGAL SEMINAR - PART 1

Overview of Non-Child Related Issues

Friday, April 15, 2011, 10 a.m. - noon

This seminar will cover: **grounds for divorce, spousal support, property distribution, settlement agreements, choosing an attorney, and methods of dispute resolution other than litigation.**

**Presenter:** A Family Law Attorney from the Montgomery County Bar Association

**FEE:** \$20

**\*MATERIALS FEE:** \$5 due at the time of workshop

*Offered Monthly*

### DIVORCE LEGAL SEMINAR - PART 2

Overview of Child Related Issues

Friday, April 29, 2011, 10 a.m. - noon

This seminar will focus on: **legal and physical custody, visitation, child support and health insurance.**

**Presenter:** A Family Law Attorney from the Montgomery County Bar Association

**FEE:** \$20

**\*MATERIALS FEE:** \$5 due at the time of workshop

*Offered Monthly*

**\*The materials fee is for the purchase of A Woman's Guide to the Separation and Divorce Process in Maryland. This book will be the reference for the Divorce Legal Seminars (Parts 1 & 2).**

*If you already have a copy, please bring it to the workshop for your use.*

### DIVORCE, MONEY & YOU

Wednesday, April 27, 2011, 6:30 - 8:30 p.m.

**Divorce can be a difficult and painful process. There are ways to lessen the stress of starting out anew.**

Come and learn why divorcing couples need to carefully consider the financial outcomes of divorce and how both partners can obtain equitable financial settlements.

**Presenter:** Jamie S. Lapin, CFP, CDFA  
**FEE:** \$20

## INFORMATION & REFERRAL SERVICE (240) 777 - 8300

Having trouble locating resources in the community? Trained Information & Referral Specialists can help you find agencies that can provide assistance.

## AFFORDABLE COUNSELING

The Montgomery County Commission for Women Counseling & Career Center

- offers affordable short-term goal oriented career, personal and couples counseling for adults
- provided by a professional staff of licensed clinical social workers, licensed clinical professional counselors and other mental health professionals
- sessions are \$50 each (A sliding scale discount may be available for Montgomery County residents)
- also available in Spanish and Mandarin on a limited basis

## PERSONAL COUNSELING FOR INDIVIDUALS & COUPLES

Personal counseling for adults addresses a wide variety of issues and concerns, which include:

depression
anxiety
loss & grief
loneliness
stress
trust
anger
relationship issues
decision-making
low self-esteem
transitions
communication skills
adjusting to separation & divorce

## CAREER COUNSELING

Goal-oriented counseling is designed to assist adults with career issues and concerns such as:

job loss	networking skills
career change	resume development
entering or re-entering the work force	exploring education and training
goal setting	career advancement
skill identification	interviewing techniques
dealing with difficult people in the workplace	

**To schedule an appointment, call 240 - 777 - 8300**